



# FRESH PICK OF THE SEASON

## BUTTERNUT SQUASH

Butternut squash, also known in Australia and New Zealand as butternut pumpkin, is a type of winter squash. It has a sweet, nutty taste similar to that of a pumpkin.

## SEASON AVAILABILITY

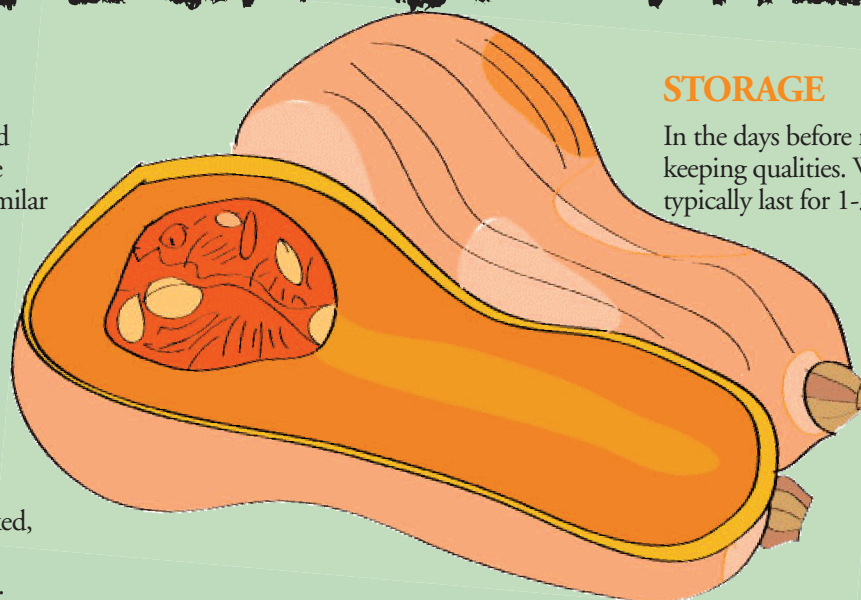
September – December

## COOK'S TIPS

Pureed, roasted, steamed or baked, once cooked, it can be used in soups, main dishes, side dishes, breads, muffins, custards and pies.

## NUTRITIONAL INFORMATION

Butternut squash is one of the most nutritious and healthiest vegetables you can eat, with a rich array of vitamins, minerals and antioxidants as well as significant amounts of digestive fiber. A serving of raw butternut squash contains 0% fat, cholesterol or sodium; 1 gram of protein; 3 grams dietary fiber; 3 grams of sugar and provides 298% of RDA for vitamin A, 49% vitamin C, 7% calcium and 5% iron.



## STORAGE

In the days before refrigeration, cooks valued butternut squash for its keeping qualities. Winter squash stored in a cool, dry, dark place will typically last for 1-3 months (some last up to 6 months)

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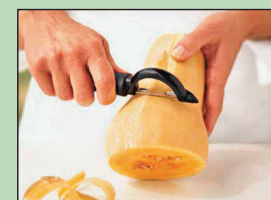
## 8 DELICIOUS NEW WAYS TO COOK BUTTERNUT SQUASH

Gluten-Free Butternut Squash Banana Bread  
Butternut Squash Skillet Lasagna  
Butternut Squash and Kale Quesadillas  
Butternut Squash Chips (see reverse)  
Butternut Squash Butternut Pancakes  
Butternut Squash and Kale Risotto  
Squash and Sage Biscuits  
Butternut Squash Breakfast Smoothie

Get the recipes: [www.buzzfeed.com/rachelysanders/31-delicious-new-ways-to-cook-butternut-squash#nkoe9m](http://www.buzzfeed.com/rachelysanders/31-delicious-new-ways-to-cook-butternut-squash#nkoe9m)



**QUICK TIP**  
Peel this squash  
with confidence.



Use a vegetable  
peeler to peel the skin,  
revealing the beautiful  
orange flesh that can be  
cut into cubes or slices.





## Cinnamon Roasted Butternut Squash

Prepared with a ready-made crust and whole strawberries, this is a foolproof strawberry tart that even kids can do.

2 cups peeled and chopped butternut squash (1 small squash)  
2 teaspoons vegetable oil

¼ teaspoon ground cinnamon  
1 tablespoon maple syrup

Preheat the oven to 425°F.

Place the butternut squash on a baking sheet, drizzle or spray with oil and toss to coat well.

Bake for 40 minutes or until fork-tender. Remove from oven, sprinkle with cinnamon and drizzle with the maple syrup. Toss to coat, return to oven and bake additional 5 minutes.

## Butternut Squash Chips

1 butternut squash, about 2 lbs.  
2 tablespoons olive oil  
1 tablespoon finely chopped sage

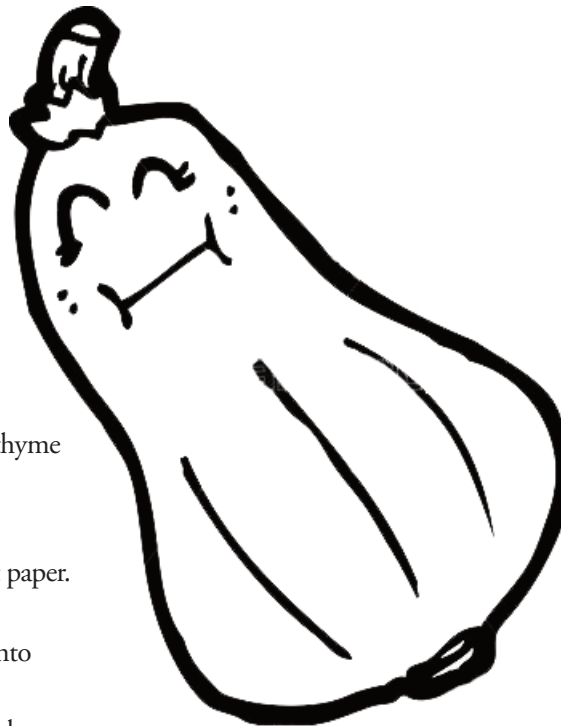
1 tablespoon finely chopped thyme  
1 teaspoon sea salt

Preheat oven to 200 degrees. Line 2 baking sheets with parchment paper. Set aside.

Peel squash then cut in half. Scoop the seeds out. Cut the squash into ⅛" slices using a mandoline slicer.

In a large bowl, toss butternut squash slices with olive oil, herbs and sea salt until evenly coated. Spread slices in a single layer over two baking sheets.

Bake in preheated oven for 3 hours, turning twice. After 3 hours turn off oven, leaving chips to cool in oven for 6 hours or overnight. Store in an airtight container.



## How Many Words Can You Spell From the Word BUTTERNUT SQUASH?

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## Virginia Grown Squash Fun Word Search

r	t	s	y	t	f	s	f	c	b	s	w	c	e	y
g	o	a	i	l	a	x	b	l	y	a	o	c	g	b
r	e	v	o	l	s	g	a	a	c	l	r	x	y	u
o	r	o	a	m	q	c	f	b	y	d	g	o	v	t
w	e	r	d	z	u	o	j	t	u	y	s	p	c	t
r	s	y	j	b	a	y	b	u	r	n	h	g	e	e
q	d	y	e	e	s	d	t	e	e	w	s	m	u	r
e	c	r	y	p	h	q	l	b	r	h	e	w	q	n
i	r	y	v	i	b	u	r	o	g	p	q	v	h	u
r	o	a	s	t	k	f	l	o	w	e	r	h	f	t
w	p	s	w	e	q	t	h	h	e	z	i	i	y	f
c	w	f	a	r	m	e	r	s	m	a	r	k	e	t
w	q	g	e	r	g	l	p	o	i	k	k	j	o	w
o	r	m	y	l	b	u	w	f	k	p	i	e	d	e
t	r	e	c	i	p	e	r	b	n	s	e	e	d	s

squash  
flower  
grow  
recipe  
seeds

roast  
butternut  
farmers market  
salad  
savory

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Answer: butter, nut, but, ...